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Camera Ready Copy: Tue. 12 Nov. - 12 Noon
Newry Advertiser Published: 25th November


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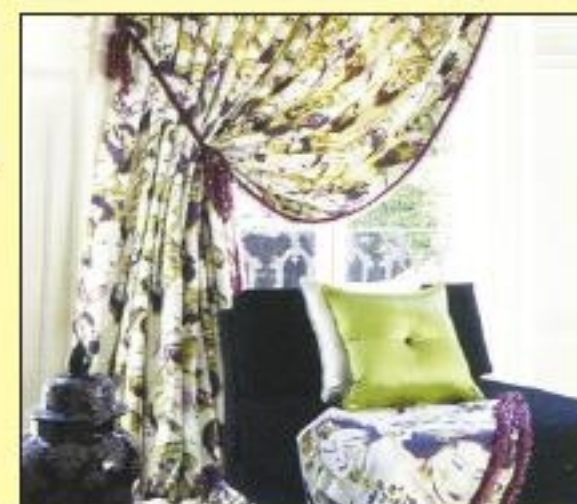
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How would you like to get a firmer, more toned and trim, cellulite-free body at Therapie Clinic Newry?



Are you tired of those lumps and bumps? You may not be hitting the gym five times a week but you eat well and are quite active yet you cannot shift those last few inches. Cellulite is another curse for women, with 90% of us suffering from the dreaded orange peel effect. It is caused by fat deposits just below the skin's surface and as we know, tends to target the upper thighs, stomach, buttocks and even the upper arms, giving skin that dimpled, orange-peel appearance.

We can reveal that Therapie Clinic has a wonder-treatment in the form of the FDA-approved, body-contouring VelaShape II treatment, which is designed to eliminate cellulite and tighten and tone the body.

The treatment has actually been made famous by the Kardashian clan and featured on Keeping up with the Kardashians, who attribute their cellulite free bodies to the award winning treatment. Jennifer Anniston is also said to be a fan.

How does Velashape work?

A roller and suction device works by melting the body's fat using a unique combination of radio frequency and

infra-red technology leading to the shrinking of fat cells and fat chambers.

Immediately after your first treatment, skin will take on a smoother, more toned appearance and gradual improvement takes place over a course of 6 treatments.

Two months on and I am delighted with the results, a loss of 5 inches from about my middle!

When combined with the fat-freezing Cooltec treatment, the results are nothing short of incredible. A slimmer, trimmer, tighter and more toned body. Some clients even report dropping a dress size.

The Cooltec treatment was developed in California after scientists noticed that children who sucked ice lollies developed concave depressions in their cheeks over time.

How does Cooltec work?

The treatment works by exposing fat cells to controlled

cooling (the ice lollies). A suction-like device draws in the tissue and cools the fat cells which shrink, break down and are removed by the body's natural metabolic process.

Belly fat, back fat, abdominal fat or excess fat on the thighs (inner and outer), hips and buttocks can all be targeted and reduced by between 20-40% after just one session of Cooltec.

"There's no pain, just a slight pinch when the vacuum is being attached but this passes after a few minutes. Two months on and I am delighted with the results, a loss of 5 inches from about my middle! My tum is so much flatter and tighter, clothes look and feel so much better on me. I'm delighted", said one Therapie Clinic client.

A tighter, more toned, cellulite-free body, what's not to love? Therapie Clinic offers free consultations and a special offer when you combine both treatments, contact your local Clinic on 08000 121 565. www.therapieclinic.co.uk

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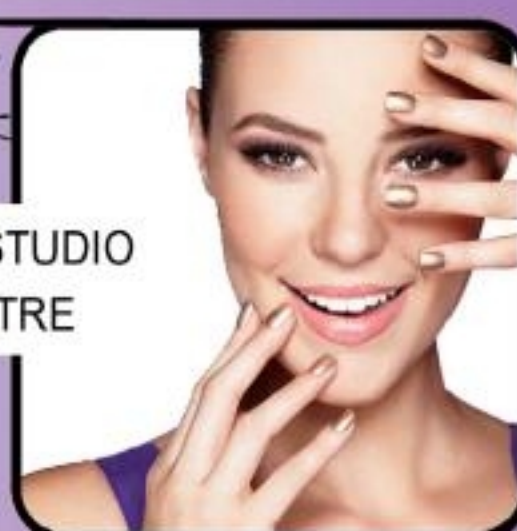
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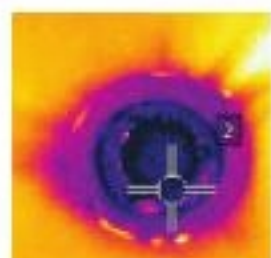
DOWN-LIGHT TO LED SCHEME



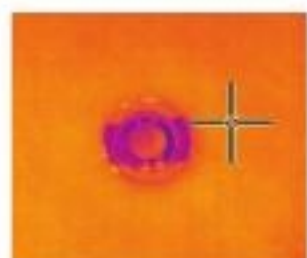
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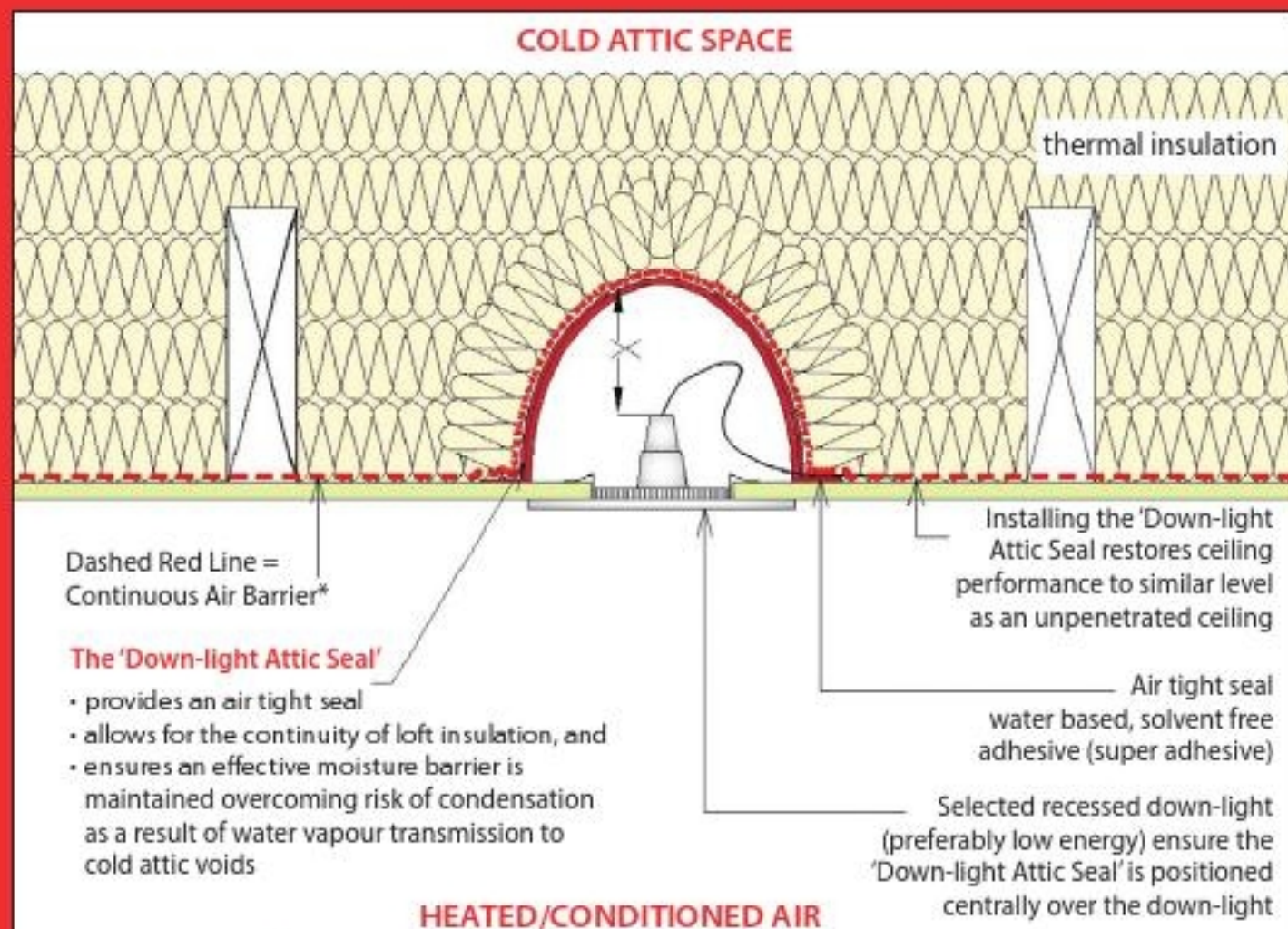
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From waterproofs, beanie hats, gloves, trousers, belts and trolleys, to polo shirts for only £20 and quality jumpers only £30, the Golf Shop has a lot to offer both him and her.

GOLF LESSONS

There are a wide variety of Golf Lesson Packages available with Dougie Bell, the resident PGA Professional at Kellys Golf Centre. You can purchase a single lesson, or why not invest in the Winter Development Plan - where you can get six one hour coaching sessions for only £150 - and really improve your golf before next season.

ANNUAL SUBSCRIPTIONS

Maybe the Christmas present that would be appreciated most would be an annual subscription to Kellys Golf Centre, where you will receive free use of the Par 3 Course, a free golf lesson and 100 free balls for the Driving Range - Juniors £75 : Adults £130.

GIFT VOUCHERS

If you cannot decide what is best for you, Gift Vouchers are available and can be used against all products and services at Kellys Golf Centre.



Kellys Golf Centre have been running very special offers on their wide range of Polo Shirts and Jumpers - male and female - since August. The offers will continue right up to Christmas, but hurry, offers are while stocks last.

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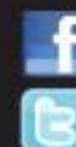
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Raphael's Interiors of Newry celebrates 25 years with special discount

"Raphael's Interiors" located at 61 Downshire Road (Belfast Road), Newry has been going from strength to strength over the years and is proud to announce their celebration of 25 years in business.

To mark this special landmark in the reputable store's history, there is 25% Discount off all made to measure curtains and Sunway/Luxaflex Blinds. There is also a free draw whereby you can win £250 worth of Luxaflex Blinds.

There is a special Christmas draw as well with all curtain orders over £250 being entered into a draw for £100 cash back. Draws will take place on Friday, 20 December.

Pleasant and efficient staff will be delighted to advise you on colour co-ordination at the showroom or in your own home.

Proprietor, Raphael Cribben warmly welcomes you to visit "Raphaels Interiors", where measuring and fitting for all curtains and blinds is recommended and guaranteed with excellent service provided.

So do make your way there and avail of their special 25th Anniversary offers which are too good to miss.

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DISCOVER THE BENEFITS OF LASER HAIR REMOVAL AT THERAPIE CLINIC



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Therapie Clinic is the expert in laser hair removal, RQIA registered and using only medical-grade lasers, which are the most high-tech machines in the world.

Many other clinics use IPL, which is technically not laser at all. Medical-grade lasers basically ensure superior results in fewer sessions - which is the aim of the game! All you need is a course of 6 x sessions, spaced out 4-6 weeks apart and you can throw away that razor!

"At Therapie Clinic our ethos is very much about delivering a superior service and attention, and most importantly delivering superior results, at a fair and affordable price for our clients", said Managing Director, Belfast Woman, Tracy Gilligan.

A course of six treatments is generally recommended depending on the area to be treated but most clients book in for one area but invariably upgrade and go back for more, effectively throwing away the razor!

TREATMENTS

Did you know that Therapie Clinic has a wide range of super-effective products and treatments, whatever your concern or beauty dilemma. From laser hair removal to skin beautifying facials and peels, to red vein or pigmentation removal, to anti-ageing treatments to body firming and slimming treatments, you will find the perfect treatment for you and your skin at a free consultation.

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New Vintage Tea Shop Opens in Hill Street

It is always time for tea at My Aunt Jane's

Stepping into My Aunt Jane's vintage tea shop in Hill Street, Newry is exactly like taking a dander through a comfortable old nursery rhyme.

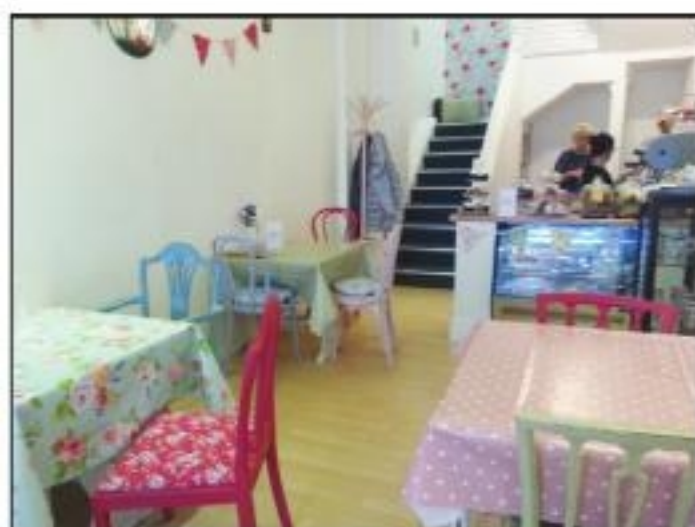
So much so, in fact, you may be tempted to ask for "half a bap with sugar on the top". And being halfway down Hill Street is the only thing that's halfway about My Aunt Jane's.

Owner Katrina Masters from Hilltown has pulled out all the stops to recreate the innocence and romance of the 1940s and 50s.

Even the food is reminiscent of granny's comfort food and the local craft on display adds to the atmosphere and the interest factor. My Aunt Jane's opened on Monday 14th October and extends a huge, homely

welcome to tea, coffee lovers everywhere.

So call in to My Aunt Jane's vintage tea shop at 59 Hill Street and enjoy a relaxing break from your day - just the way it used to be!



The quirky comfortable atmosphere
in My Aunt Jane's

Teas *My Aunt Jane's* Crafts Est. 2013 *Vintage Tea and Crafts Shop*

Afternoon Tea

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www.countrycarpetsandfurniture.com
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Christmas is coming early for our customers with our great Festive Draw!

A WEEKEND FOR TWO INCLUDING 2 B&B
AND 1 DINNER AT A BRIAN McENIFF
HOTEL OF YOUR CHOICE!

WIN!



The Great Northern Hotel, Bundoran

To say thank you to all our customers between now and Christmas every customer at Country Carpets and Furniture Store will be entered into our FREE draw to WIN a Weekend for Two including 2 Nights B&B and 1 Dinner at one of the six Brian McEniff Hotels of your choice:

- ☐ Great Northern 4 Star Golf Hotel & Leisure Centre, Bundoran
- ☐ Holyrood Hotel & Leisure Centre, Bundoran
- ☐ Best Western Plus Westport Woods Hotel & Spa, Mayo
- ☐ Yeats Country Hotel & Leisure Centre, Sligo
- ☐ Best Western Sligo Southern Hotel, Sligo
- ☐ Dublin Skylon Hotel

Terms and Conditions available in-store.

Draw will take place in-store on Christmas Eve.



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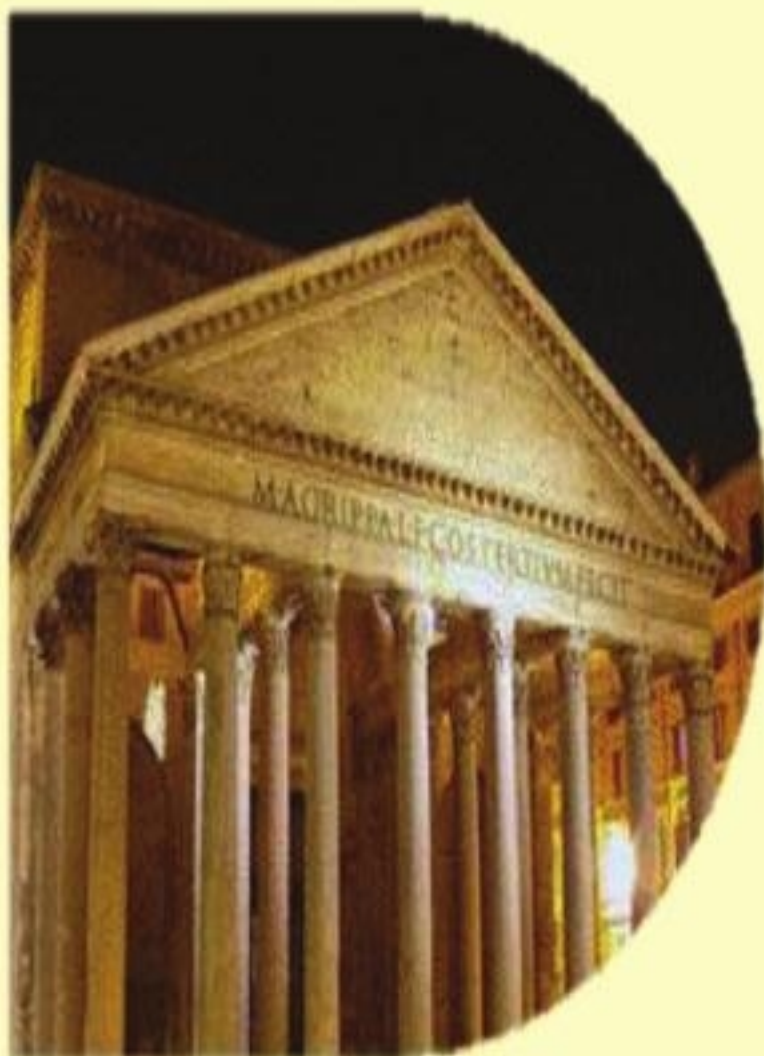
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Sunday 17th November

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ONLY
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Festive cheer is on the way!

The superb Halloween Festival Concert kicks off a 10 week extravaganza of events, shopping and festive fun that sees Newry City come into its own during the final months of 2013.

FIREWORKS:
The City will come to life for the Halloween Festival, sparking 10 weeks of events and great shopping that sets Newry apart



Concerts, Christmas Lights Switch On, Fantastic Shopping and a Winter Wonderland - Newry has it all over the coming months!

The month of December will see Newry transformed into a hub of festive fun kicking off on Friday 22nd November at the annual Christmas Illuminations Lights Switch On, taking place at the events space, Cathedral Quarter, Hill Street.

Serenading the crowds with a selection of Christmas favourites will be very popular 'Luv Bug'. Official lighting ceremony will be performed by Mayor of Council, Michael Ruane, Santa Claus and a very special guest. There will be a selection of on-street entertainment with a free gift for all the Children.

WINTER WONDERLAND

So come along early, join in the festive spirit and soak up the Christmas atmosphere.

City centre late night shopping in the Cathedral and Creamery Quarters will be in full swing so you will find the perfect gift, right in the heart of the City centre.

With an abundance of cafes, bars, restaurants, independent and high street retailers and two major shopping centres, you have lots of choice, quality, great customer service and many reasons why you should say 'Hello Newry'. When the shopping is done relax, have a beverage or enjoy a meal and soak up the Newry

Christmas atmosphere.

As part of the Christmas activities the City welcomes a unique Newry Winter Wonderland extravaganza which runs from Saturday 7th December until Sunday 5th January 2014 at the Albert Basin.

The month long initiative will attract a huge influx of visitors to enjoy an ice rink, crazy golf, and a drive in movie, an ice bar, Santa's

town and a Santa's workshop. A full programme of events will be released in the coming weeks so be sure not to miss out on Newry's winter wonderland experience.

To find out more information about forthcoming events please visit: www.newry.com, visit Cathedral Quarter and Creamery Quarter Facebook pages or say hello on Twitter: @Hello_Newry



FESTIVE LIGHTS: The Big Switch On takes place on November 22nd, launching a host of events including the City's first Winter Wonderland, and Santa Claus will be playing his part in making this a Fantastic Festive Season in Newry.

HALLOWEEN CONCERT

NEWRY CITY

THURSDAY 31 OCT 2013

6.30pm - 9.00pm
ALBERT BASIN

LOCAL STARS PERFORM ON A FLOATING STAGE PLUS FIREWORKS EXTRAVAGANZA!

COMMISSIONER AN DERAGH MURPHY
NEWRY AND MOURNE DISTRICT COUNCIL

NEWRY CITY CENTRE MANAGEMENT

HELLO NEWRY
Cathedral & Creamery Quarters

Northern Ireland Executive
Supported by the Northern Ireland Executive through the Department for Social Development

For more information please visit: www.newry.com or follow NEWRY & MOURNE DISTRICT COUNCIL on FACEBOOK for regular updates

GET HOME SAFE

If you're heading out, follow these tips:

- Plan your journey home in advance by booking a taxi or arranging for someone to collect you.
- Save the phone numbers of reliable taxi companies into your mobile.
- Always carry spare change in case you need a payphone.
- Never leave your drink unattended.
- Never accept a drink from someone you don't know.
- Stay calm and walk away if someone provokes you.

Most importantly - have fun in Newry!

COMMISSIONER AN DERAGH MURPHY
NEWRY AND MOURNE DISTRICT COUNCIL

NEWRY CITY CENTRE MANAGEMENT

HELLO NEWRY
Cathedral & Creamery Quarters

Newry Charity Santa Fun Run 2013



Jack Murphy Chairman of NCCM with representatives of the 100 plus businesses that participate in the Charity Santa Fun Run each year. The run supports the needs of four nominated local charities.

Gemma Murphy, Chair of the Charity Santa Fun Run with dad Jack Murphy



FRIDAY 22ND NOVEMBER is the date set for Newry's 9th Annual Santa Charity Fun Run, when the City centre will once again become a sea of red and white for one of Newry's most memorable fundraising activities.

The festive fundraising event, this year will take place at 6.30pm in the evening in conjunction with Newry City's Christmas Lights Switch On Ceremony in the Events Space, Cathedral Quarter, Hill Street, hosted by Newry & Mourne District Council in partnership with Newry City Newry City Centre Management and Newry Chamber

of Commerce and Trade.

Already a regular favourite with the local business community, the Santa Fun Run Committee this year want to encourage an all inclusive family friendly event, with Santa's not only from local businesses but also local sports clubs, community organisations, schools and individuals. We hope this year's Santa Run will raise a minimum of £10,000 for 4 nominated charities.

Please be advised that the Santa Run is only a very short course along Hill Street that is lots of fun and is **NOT a RACE!**

Encourage your family and friends and colleagues to participate also and help raise thousands of pounds for very worthy local charities.

So if you are up for the Santa Fun Run challenge, you are asked to raise a minimum of £50 to participate or £100 if you are representing a local business.

Please contact Emma Donnelly at Parker Green International on telephone 028 3025 4560 or email emma.t@parkergreen.com to register your interest.

Please come along, join in the festive spirit and soak up the Christmas

atmosphere, with an extra special evening of sparkling entertainment and family fun to mark the arrival of the festive season. To allow for the necessary preparations, the closing date for the receipt of entries to the Santa Run is Friday 15th November.

Donation cheques should be made payable to **NEWRY CHAMBER OF COMMERCE & TRADE.**

For regular updates please follow us on: <http://www.facebook.com/NewrySantaRun>



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NEWRY AND MOURNE
DISTRICT COUNCIL



NEWRY CITY CENTRE
MANAGEMENT

HELLO NEWRY
Cathedral & Creamery Quarters

Lasadh Soilse na Nollag i gCathair an Iúir
Newry City's

Christmas Illuminations
Switch On

including **Charity Santa Fun Run**

Facebook - [newrysantarun](https://www.facebook.com/newrysantarun)

Friday 22nd November 2013

Events Space, Cathedral Quarter, Hill Street
Entertainment 5.00pm - 8.00pm

Featuring:

Mayor of Council / Santa Claus / Special Guest / Luv Bug
Face Painting / Balloon Modelling / Cartoon Characters

www.newry.com

For more information please visit: www.newry.com
or follow Newry & Mourne District Council or Newry Cathedral Quarter
on FACEBOOK for regular updates



HELLO NEWRY

UPCOMING EVENTS:

1. HALLOWEEN CONCERT

DATE: Thursday 31st October 2013

TIME: 6:30pm - 9:00pm

VENUE: Albert Basin, Newry

2. CHRISTMAS LIGHTS SWITCH ON

DATE: Friday 22nd November 2013

TIME: 5:30pm - 6:30pm

VENUE: The Events Space, Cathedral Quarter, Hill Street

3. CHARITY SANTA FUN RUN

DATE: Friday 22nd November 2013

TIME: 6:30pm - 7:30pm

VENUE: The Events Space, Cathedral Quarter, Hill Street

4. SMALL BUSINESS SATURDAY

DATE: Saturday 7th December 2013

TIME: 9:00am - 5:00pm

VENUE: Cathedral Quarter, Hill Street & Creamery Quarter, Monaghan Street

5. NEWRY'S WINTER WONDER LAND EXTRAVAGANZA

DATE: Saturday 7th December 2013 until Sunday 5th January 2014

TIME: TBC

VENUE: Albert Basin

HAVE FUN IN NEWRY FOR ALL THE FAMILY - GET HOME SAFE

FOR MORE INFORMATION PLEASE VISIT: www.newry.com

HELLO NEWRY

NADCHODZĄCE ATRAKCJE:

1. KONCERT HALLOWEEN

DZIEŃ: czwartek, 31 października 2013

GODZINY: 18:30-21:00

MIEJSCE: Albert Basin, Newry

2. ZAPALENIE ŚWIĄTECZNYCH ŚWIATEŁ MIASTA

DZIEŃ: piątek, 22 listopada 2013

GODZINY: 17:30-18:30

MIEJSCE: The Events Space, Cathedral Quarter, Hill Street

3. BIEG ZE ŚWIĘTYM MIKOŁAJEM

DZIEŃ: piątek, 22 listopada 2013

GODZINY: 18:30-19:30

MIEJSCE: The Events Space, Cathedral Quarter, Hill Street

4. SOBOTA MAŁEGO BIZNESU

DZIEŃ: sobota, 7 grudnia 2013

GODZINY: 09:00-17:00

MIEJSCE: Cathedral Quarter, Hill Street & Creamery Quarter, Monaghan Street

5. CZARODZIEJSKI ŚWIAT ZIMY W NEWRY

WINTER WONDERLAND EXTRAVAGANZA

DZIEŃ: sobota, 7 grudnia 2013 - sobota, 5 stycznia 2014

GODZINY: ogłoszone będą w późniejszym terminie

MIEJSCE: Albert Basin, Newry

BAW SIĘ W NEWRY Z CAŁĄ RODZINĄ. PAMIĘTAJ O BEZPIECZEŃSTWIE.

WIĘCEJ INFORMACJI ZNAJDZIESZ NA STRONIE: www.newry.com

ПРИВЕТ НЬЮРИ

МЕРОПРИЯТИЯ ЭТОГО МЕСЯЦА:

1. КОНЦЕРТ ПОСВЯЩЁННЫЙ ДНЮ ХЭЛЛОУИН

ДАТА: Четверг 31е Октября 2013

ВРЕМЯ: 18:30-21:00

МЕСТО: Albert Basin, Newry

2. ТОРЖЕСТВЕННОЕ ВКЛЮЧЕНИЕ РОЖДЕСТВЕНСКИХ ОГНЕЙ И ИЛЛЮМИНАЦИИ

ДАТА: Пятница 22е Ноября 2013

ВРЕМЯ: 17:30 – 18:30

МЕСТО: The Events Space, Cathedral Quarter, Hill Street

3. БЛАГОТВОРИТЕЛЬНЫЙ «ВЕСЁЛЫЙ ЗАБЕГ» САНТА КЛАУСА

ДАТА: Пятница 22е Ноября 2013

ВРЕМЯ: 17:30 – 19:30

МЕСТО: The Events Space, Cathedral Quarter, Hill Street

4. СУББОТА МАЛОГО БИЗНЕСА

ДАТА: Суббота 7е Декабря 2013

ВРЕМЯ: 9:00 – 17:00

МЕСТО: Cathedral Quarter, Hill Street & Creamery Quarter, Monaghan Street

5. ФЕЕРИЯ ЗИМНЕЙ СТРАНЫ ЧУДЕС НЬЮРИ

ДАТА: с Субботы 7го Декабря 2013 до Воскресенья 5го Января 2014

ВРЕМЯ: будет уточняться

МЕСТО: Albert Basin

ВЕСЕЛИТЕСЬ ВСЕЙ СЕМЬЕЙ В НЬЮРИ – ДОБРОЙ ДОРОГИ ДОМОЙ

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Be Prepared for Winter with your local HSS

HSS Newry has all the equipment you need to ensure you are prepared for the winter months.

With a full range of heaters, dehumidifiers, pumps and lights available to everyone from local trades and business to DIY customers there really is no excuse to be caught out by the cold this winter.

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BLOWER HEATING



DEHUMIDIFIER



LIGHTING



PUMPS

HSS Newry branch takes delivery of new winter stock

HSS Newry carries a full range of heaters, dehumidifiers and lights to cover all of your requirements for the incoming winter months.

HSS heaters range from commercial infra-red heaters to industrial gas and 3-Phase electric heaters, the Newry branch also carry a full stock of indirect oil fired heaters able to heat a factory floor or large industrial buildings.

Water damage can sometimes be the all too familiar, unwelcome result of the winter months. A burst water pipe or flooding damage can be easily controlled with the full HSS stock of dehumidifiers from 52ltr pump dehumidifiers to 180ltr industrial

dehumidifiers. HSS also stock a full drying range including carpet dryers and air scrubbers to improve indoor air quality while repairing any damage.

Don't be left out in the dark this winter as HSS Newry can help you with their full range of lights ranging from VT-1 diesel lighting towers for those dark winter nights on site to a full range of halogen flood lights.

For more information on all of the winter range offered by your local HSS Newry contact us on 028 3025 1966 or newry825@hss.com or simply call into our new premises at 4a Carnbane Industrial Estate, BT34 6QJ today. (Beside Haldane & Fisher, Newry)



Pictured is Neil Gallagher (Sales Manager) Padraig Larkin (Branch Manager) of HSS Newry taking delivery of new winter stock that is available to everyone from local trades and business to DIY customers.

Tir na nOg

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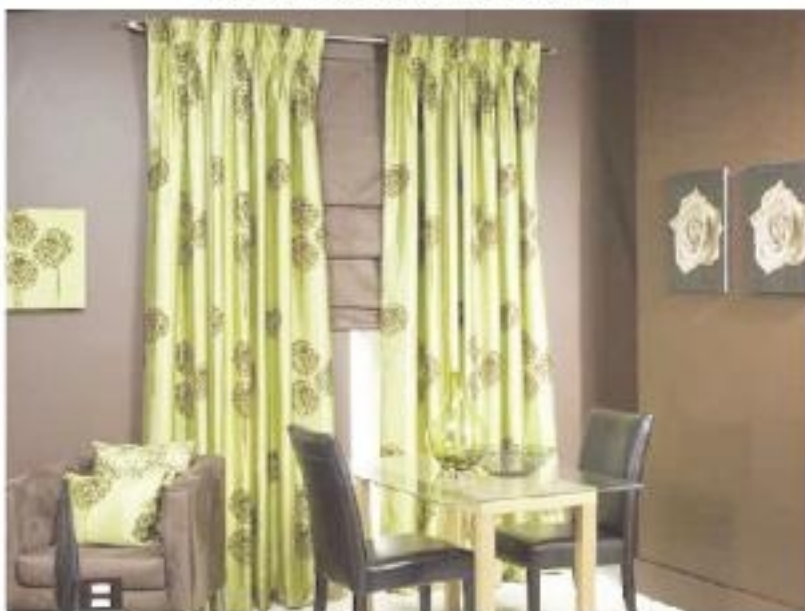
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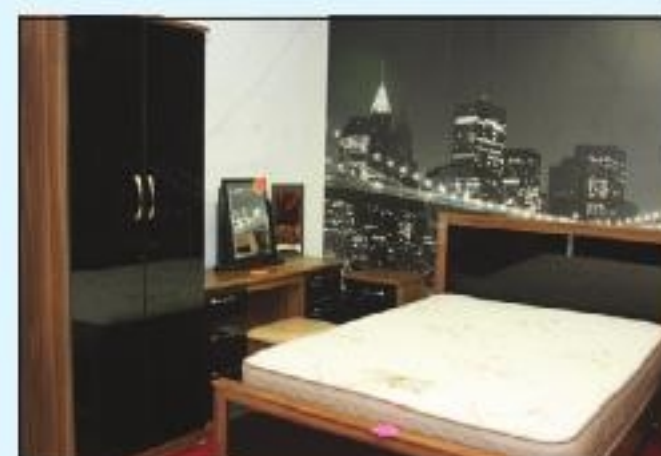
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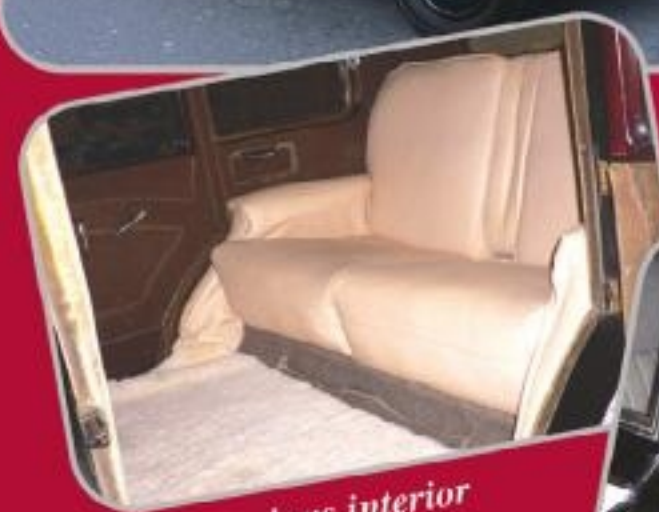


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DNC Fabrications Limited is owned and managed by Mr Dean Church, who has more than 20 years' experience in metal fabrication, from design to installation.

Due to business growth, the business has relocated to Kernan Technology Park, 4 Kernan Road, Gilford.

DNC Fabrication Limited has established itself as a successful, growing and evolving business.

It offers the customer a professional design service, using computer-aided technology (CAD) software, allowing the customer to view the product in 3D, ensuring perfection before production.

The design team can work from clients' drawings in DXF/DWG format, or provide a drawing/design service from scratch.

The vast array of products designed, produced and installed by DNC Fabrications range from stainless steel water/wastewater equipment and process pipework, to decorative and architectural work, such as public art works and stainless steel structures.

DNC Fabrications Ltd. have just taken delivery of their new state-of-the-art laser

cutting machine, adding to their existing laser cutting capabilities and can now offer you the latest in high throughput laser cutting technology.

Laser cutting provides a superior quality and finish, clean cut edges, without burr or dust formation and produces extremely fine contours and precision cutting in materials of varying thickness.

Whether you're a professional using a DXF/DWG format or a client with a conceptual drawing, or perhaps you just have an idea in your mind, let our professional drawing and design services assist and guide you from prototype concept to product.

Our qualified team uses an advanced CAD/CAM system which enables parts to be programmed quickly and accurately, in preparation for the component to be laser cut.

"Our philosophy is to make DNC Fabrications Ltd one of the most successful fabrication companies in the UK and Ireland. Our focus will be on continuous improvements and quality of our processes and services."

DNC Enviro is a specialist wastewater/environmental equipment design and manufacturing company owned by Dean Church and managed by Adam Mackin, who have over 30 years' combined experience working within the wastewater and environmental sector.

DNC Enviro design, manufacture and install wastewater screening equipment, grill removal plants, dissolved air flotation plants (DAF), compactors and screw conveyors, along with custom built equipment on request.

We work with our customers from initial design stage to ensure all exacting specifications and requirements are made, to ensure optimal operation following installation and commissioning.

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Designed for use within commercial kitchens, grease traps separate grease and oil residue from kitchen wastewater before it joins the sewer system.

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This reduces operational costs incurred by drain cleaning and decreases the risk of back logging and premises flooding.

The major benefits gained from working with DNC Enviro, are that you are dealing directly with the equipment designers and manufacturers.

We have dedicated design and customer care departments, so each customer can be assured that their individual requirements will be met.

At DNC Enviro, we are dedicated to providing all our customers with the highest service standards possible, and strive to exceed customer expectations with each project delivered.

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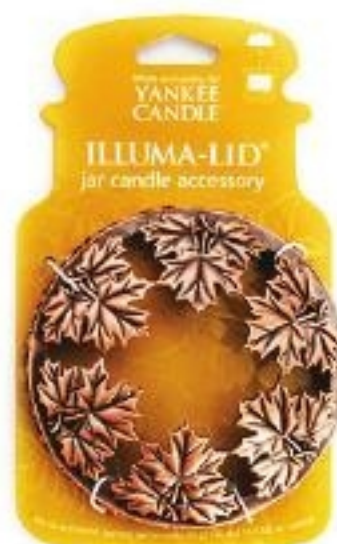
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MARA - helping people in rural South Down and South Armagh beat the recession

Benefits of over £350,000 have been issued to householders throughout Northern Ireland thanks to a new initiative.

Maximising Access to Services Grants and Benefits in Rural Areas (MARA) aims to connect people living in rural areas with benefit entitlements, grants and services that they may not be aware of. The Department of Agriculture and Rural Development (DARD) and the Public Health Agency (PHA) have contracted local community groups to help identify households who would benefit from the scheme.

South Down Family Health Initiative (SDFHI) is delivering the project in South Down, South Armagh and Craigavon. Their team of 14 home visitors (enablers) have visited over 500 homes throughout the region over the last few months. The fully trained and vetted enablers visit people in their home and carry out a detailed assessment and the information gathered is then used to make referrals for support - referrals are only made at the householders request. A second visit is carried out 6-8 weeks later to check that all referrals have been followed up and to assist the householder with any queries they may have.

Allison Slater, Project Manager, told us "we are regularly visiting homes of people who are really struggling to make ends meet. Many of these are people who have been self-employed and work has dried up or older people who find that their pensions are just not stretching far enough. In particular many people are finding the increases in

home heating costs are getting more difficult to meet.

Since we started visits, last September, we have referred over 250 households into the Warm Home Scheme; this has resulted in some homes having free insulation fitted, and in one case a whole new heating system installed. We have also referred 91 homes to the Boiler Replacement Scheme which offers grants of up to £1000.00 towards the cost of putting in a new boiler".

MARA also helps people get access to a wide range of other services including, Rural Community Transport, Translink Smart Passes, Home Safety Inspection, Disabled Facilities Grants, Occupational Therapy, Social Services and Benefit Entitlement Checks.

Allison told us "280 people, in our area, have had their benefit entitlement checked as a result of MARA. Whilst not everyone will get a benefit increase, we have seen some individuals get as much as £100.00 per week extra as a result of a MARA visit. The full benefits of this are not fully calculated yet as some of the benefits awarded will enable the householder to gain rates relief or housing benefit as well".

MARA is scheduled to run until March 2014 but it is suggested that anyone interested contact Allison as soon as possible to book a visit as there are only a set number available in each area and the project will end as soon as those numbers are met. For more information or to book a visit ring Allison or Anouska on 028 4177 4248.

CASE STUDY 1:

Mary contacted us after receiving a letter about the project. Retired for 7 years she was struggling to make ends meet and in particular found heating her 1960's bungalow very difficult.

Our enabler visited her in January this year and as a result Mary has had her house fully insulated, received a £700 grant to fit a new boiler and joined a local sewing group.

CASE STUDY 2:

Robert was widowed two years ago and felt very isolated, he had lost confidence driving and only drove when he had to. Our enabler was able to help Robert to register with Newry and Mourne Community Transport and suggested that Robert might like to join our Comfort Zone on a Wednesday morning in Warrenpoint. Robert now uses Community Transport on a regular basis and attends Comfort Zone most weeks.

CASE STUDY 3:

Brian and Joan, are senior citizens living in the Craigavon area, they contacted us after Joan had a stroke. Our enabler was able to put Brian in touch with Carers Matters and Chest, Heart and Stroke who offer him a lot of support. We also recommended a Benefit Entitlement Check and as a result Brian and Joan now receive an extra £100 per week in Benefits.



ARE YOU...

- Struggling to heat your home?
- Finding it difficult to make ends meet?
- Struggling to get out and about?
- Feeling isolated but don't know what's available?

The MARA project aims to improve the health and wellbeing of people living in rural Northern Ireland by helping them access local services, grants and benefits.

Since September 2012 we have visited 500 homes across South Down, South Armagh and Craigavon

THESE VISITS HAVE RESULTED IN...

- 261 Benefit Entitlement Checks (some seeing increases of £100 per week)
- 238 Warm Homes Referrals
- 91 Boiler Replacement Scheme Referrals
- 96 Rural Community Transport Referrals
- 287 Home Safety Inspections
- 28 Smart Pass Applications
- 79 Referrals to Occupational Therapy
- 191 Local service referrals
- 17 Social service referrals (at householders request)

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SDFHI are running a number of classes throughout South Down. Some of the classes for Autumn 2013 include...

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MANAGING ANGER

Anger is an emotion designed to help us defend ourselves and our property; an ancient survival mechanism used by our forefathers to fight off physical danger. Nowadays, the majority of anger outbursts occur, not due to any real threat, but because our sense of identity is criticised, or because we don't get what we expect from others. Such outbursts are like an over sensitive smoke-alarm firing off unnecessarily, creating chaos and fear in the home, workplace, schools, etc.

Our anger destroys relationships. We may apologise after an outburst, but with each outburst we lose a part of the person and a level of trust is gone. The child, partner or work colleague may "walk on eggshells" attempting to avoid further outbursts. But, often to no avail. The culprit will explode repeatedly. The recipient is not to blame. The problem happens because of "trigger factors" in the culprit's brain. These result in a surge of anger, in spite of little or no provocation. Human Givens psychotherapists can help those who have explosive anger allowing them to deal with these "triggers" and stay calm no matter what.

Anger is produced by a primitive part of our brain, which we share with reptiles. When "triggered", it prepares the body to fight the danger. The red-faced,



Paul Grant

menacing individual is literally in-for-the-kill. Access to their cognitive (thinking) brain stops and the angry person is no more logical than a reptile. They are literally stupid, and should be avoided until they calm down. Most people want to control their anger. Most, but not all, feel guilty after the outburst and want to stop. Indeed they may promise to stop, but "lose it" again and again. Modern brain science shows that when "triggered", the brain produces anger in 1/50 of a second. The person has no control over the anger in that timescale. No, the anger has

taken control. That is why it is so hard to break the habit. New skills must be learned and practiced. Some people practice smugness and say they don't get angry, they are wrong! We all do. It may manifest not as an outburst but as, sulking, sarcasm or malicious gossip. All equally destructive! Have a look.

Human Givens psychotherapists have the basic tools to control anger for those who want to stop being angry. These include; Breathing - Making the out-breaths 1/3 longer than the in-breath quiets the anger; Exercise - 30 minutes 5 times per week, improves our mood and our logic. ABC Model, become Aware of the anger, Block and Challenge the angry thoughts.

If you get angry too quickly and too often consider making an appointment with Paul Grant who is a Consultant Psychotherapist in Human Givens therapy. Paul runs a private therapy practice from The Newry Clinic, Windsor Hill, off the Belfast Road. Paul works daily with patients who are depressed, anxious, stressed, addicted, angry, suicidal, experiencing relationship difficulties, have phobias or panic attacks.

To make an appointment or talk with Paul, call 077 3973 1424 or 028 3044 1668.

For more information see www.paulgranthgtherapy.com.

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Official fuel consumption figures in mpg (l/100km) Ford Car range: urban 64.2 - 30.4 (4.4-8.7), extra urban 85.6 - 44.8 (3.3-6.3), combined 76.4 - 42.8 (3.7-6.6). Official CO₂ emission 154.0-98.0g/km. This programme is subject to the standard conditions of the Motability 3-year Contract Hire Scheme. Full written details and quotations available on request from a Ford Authorised participating dealer or Motability Operations Limited. Under the scheme the vehicles are leased from Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Applications must be received and accepted between 1 January and 31 March 2011 by Motability Operations Limited. Free rear parking sensors will be included on all new Ford cars, with the exception of Kuga, Mondeo, S-MAX and Galaxy which will be supplied with front and rear free parking sensors, contracted through the Motability Scheme by a Ford Authorised Dealer. Where such sensors are not already included as standard, no cash alternative is available. Applications must be received and accepted between 1 January and 31 March 2011 by Motability Operations Limited.



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Fuel consumption figures for the CR-V 1.6 i-DTEC range in mpg (l/100km): Urban 56.5 - 58.9 (5.0 - 4.8), Extra Urban 62.8 - 65.7 (4.5 - 4.3), Combined 60.1 - 62.8 (4.7 - 4.5). CO₂ emissions: 124 - 119g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.

Model Shown: CR-V 1.6 i-DTEC SR Manual in optional Urban Titanium Metallic at £27,380 On The Road. Terms and Conditions: New retail CR-V 1.6 i-DTEC registered between 19 October 2013 to 31 December 2013. Subject to model and colour availability. Offers applicable at participating dealers and are at the promoter's absolute discretion. Honda Aspirations (PCP): £239 per month example shown based on CR-V 1.6 i-DTEC S in Urban Titanium Metallic at £23,300 total cash price (and total amount payable) with 37 months 0% APR Representative (interest rate per annum 0% fixed) with £5,849.75 (25%) deposit, Guaranteed Future Value / Optional Final Payment of £8,846.25, annual mileage of 10,000 and excess mileage charge: 6p per mile. You do not have to pay the Final Payment if you return the car at the end of the agreement and you have paid all other amounts due, the vehicle is in good condition and has been serviced in accordance with the Honda service book and the maximum annual mileage has not been exceeded. Indemnities may be required in certain circumstances. Finance is only available to persons aged 18 or over, subject to status. All figures are correct at time of publication but may be subject to change. Credit provided by Honda Finance Europe Plc. 470 London Road, Slough, Berkshire SL3 8QY. Complimentary Servicing: 5 years' servicing or 62,500 miles, whichever comes first, includes a maximum of 5 manufacturer's scheduled services.

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Models Shown: Jazz 1.2 i-VTEC SE Manual in Polished Metal Metallic, Civic 1.4 i-VTEC SE Manual in Polished Metal Metallic and CR-V 2.0 i-VTEC S Manual 2WD in Red Passion Pearl. Terms and Conditions: Nil Advanced Payment offer on Jazz 1.2 i-VTEC SE Manual and Civic 1.4 i-VTEC SE Manual, £1,399 Advanced Payment offer on CR-V 2.0 i-VTEC S Manual 2WD. All offers are correct at the time of going to print however Honda (UK) reserves the right to change this offer at any time. Models subject to availability. Written details available on request. The facilities offered are for the hire of goods. The scheme is available to recipients of the Higher Rate Mobility Component of the Disability Living Allowance or War Pensioners Mobility Supplement. To qualify for this offer you must be in receipt of a minimum of 12 months allowance. Valid for applications between 1 July 2013 to 30 September 2013 to Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Promoter is Honda Motor Europe Limited trading as Honda (UK) at 470 London Road, Slough, Berkshire SL3 8QY. (Registered Company No. 1373876). City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Promoter is Honda Motor Europe Limited trading as Honda (UK) at 470 London Road, Slough, Berkshire SL3 8QY.



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Official Government fuel consumption figures (Range): Urban cycle, Extra urban, Combined (litres per 100km/mpg) & CO₂ emissions (g/km); Highest: New Citroën C4 Picasso VTi 120 manual VTR+ 8.5/33.2, 4.9/57.6, 6.3/44.8, 145. Lowest: New Citroën C4 Picasso e-HDi 90 Airstream ETG6 VTR+ 4.2/67.3, 3.5/80.7, 3.8/74.3, 98. MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions.

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